

## **Abstract**

**Title:** The level of first-aid procedures knowledge amongst floorball trainers

**Objectives:** The primary aim of this research was to identify to what extent trainers of the Czech highest female floorball league are familiar with the first-aid procedures.

**Methods:** In this research, the sampling method was carried out in the form of an anonymous questionnaire, which was constructed from two parts. The first part of the questionnaire assessed general knowledge (7 questions). The second part tested the participants through a random scenario (15 questions). The number of respondents counted a total of 17 B-licensed trainers, both male and female. The questionnaire was completed with the assistance of the Czech Floorball Union, and the collected data was presented in graphs.

**Results:** Based on the anonymous questionnaire, the findings showed the above-average experience of trainers providing first-aid, during both floorball practice or competition. The most common injuries were the least serious, such as the wind knocked out, muscle / ligament strain. The results showed that the knowledge of coaches is not sufficient (the average percentage of correct answers among respondents is only 62 % in total), and moreover they are influenced by the scope of the first aid course and when the course was graduated. But even graduates who completed an above-standard first aid course in 2015 and later were not successful (the average percentage of correct answers is only 71 %).

**Keywords:** Floorball, trainers, Czech floorball, first-aid, first-aid course, sports injury, life-threatening condition, non-accidental condition, health